

The State Health Plan **PREVENTION PARTNERS**

Chronic Disease Management Workshops

Prevention Partners is proud to make available **FREE** chronic disease management workshops to assist state employees and their family members in their health care.

Chronic disease management workshops are available in the following areas:

- ◆ Adult and Childhood Asthma
- ◆ Diabetes
- ◆ Healthy Heart

Health Tips:

- ◆ Don't smoke or chew tobacco products.
- ◆ Avoid being overweight.
- ◆ Get at least a half-hour a day of moderate to vigorous exercise.
- ◆ Drink alcohol moderately or not at all.
- ◆ Eat healthy foods. Avoid saturated fats.
- ◆ Drink 64 ounces of water every day.
- ◆ Eat five servings of fruits and vegetables a day.

WARNING: Be sure to consult your physician before starting any exercise program.

Self-care is an important component of managing chronic disease. Self-care is what we do to prevent, recognize and treat specific health problems. Practicing self-care also can result in an improved sense of health and a better quality of life.

Furthermore, self-care enables you to recognize symptoms that require medical attention. Seek medical attention as needed and avoid unnecessary visits to the doctor or emergency room.

Prevention Partners schedules workshops statewide with the cooperation of nonprofit organizations such as the S.C. Diabetes Initiative, the American Heart Association and the American Cancer Society.

If you wish to have Prevention Partners schedule a chronic disease management workshop at your worksite or area, please contact us at 803-737-3820.



South Carolina Budget and Control Board
Employee Insurance Program

Prevention Partners ...

- ◆ enables you to live a more **healthful life;**
- ◆ identifies **health problems before they become serious;**
- ◆ manages **chronic diseases more effectively;**
- ◆ and promotes **more efficient use of the health care system!**

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What is Prevention Partners?

Prevention Partners is a unit of the Employee Insurance Program, which is part of the Employee Benefits Division of the South Carolina Budget and Control Board. The Employee Insurance Program manages the State Health Plan.

Prevention Partners, a benefit of the State Health Plan, wants to help you and your employees lead healthier lifestyles. Prevention Partners educates volunteer coordinators and benefits administrators at worksites throughout the state.

The mission of Prevention Partners is to provide activities, programs and services in the following areas:

- ◆ Disease Prevention
- ◆ Early Detection of Disease
- ◆ Demand Management
- ◆ Health Promotion

Location

SouthTrust Tower
1201 Main Street, Suite 830
Columbia, South Carolina 29201

Mailing Address

Prevention Partners
Employee Insurance Program
Post Office Box 11661
Columbia, South Carolina 29211

Main switchboard
Fax machine

803-737-3820
803-737-0793

Programs, Services, Resources and Activities

Participation is open to all worksites covered by the State Health Plan, including state agencies, public school districts, county and municipal offices, and local subdivisions. Participation in this **FREE** service is simple and easy.

To become active, a worksite names a volunteer coordinator and files a letter of intent with Prevention Partners. If your worksite is not currently active, please see your benefits administrator or contact Prevention Partners at 803-737-3820.

Preventive Worksite Screenings

The screening is available to active employees covered by the State Health Plan at a minimal cost - just a \$15 copayment.

Your Prevention Partners coordinator or benefits administrator organizes screenings.

Prevention Partners also schedules one regional screening a month on an ongoing basis, moving throughout the state to reach offices with small numbers of employees.

If your worksite is interested in having a screening, please call Prevention Partners at 803-737-3820. Your Worksite Screening provides the following:

- ◆ Health Risk Appraisal
- ◆ Lipid Profile
- ◆ Chemistry Profile
- ◆ Hemogram
- ◆ Blood Pressure Check
- ◆ Height and Weight Analysis

All for only \$15

Professional Education

- ◆ Annual "Health at Work" conference
- ◆ Orientations upon request
- ◆ Consulting
- ◆ Chronic disease management workshops

Self-paced Programs

- ◆ Back pain injury prevention
- ◆ Cholesterol reduction
- ◆ Stress management
- ◆ Computer weight management software

Incentive Programs

- ◆ Fall into Fitness
- ◆ Great Weight Maintenance Marathon
- ◆ "Challenge" — Total well-being

Service Resources

- ◆ *Coordinators' Communiqué*
- ◆ Bulletin board service
- ◆ *Avenues* newsletter
- ◆ Resource materials

Incentive and Promotional Items

- ◆ Special event t-shirts
- ◆ Relaxation tapes
- ◆ Stress balls
- ◆ Step counters
- ◆ Low Fat Food Finder
- ◆ Fast Food Guide

Special Events

- ◆ Spring Wellness Walk
- ◆ Chronic Disease Workshops